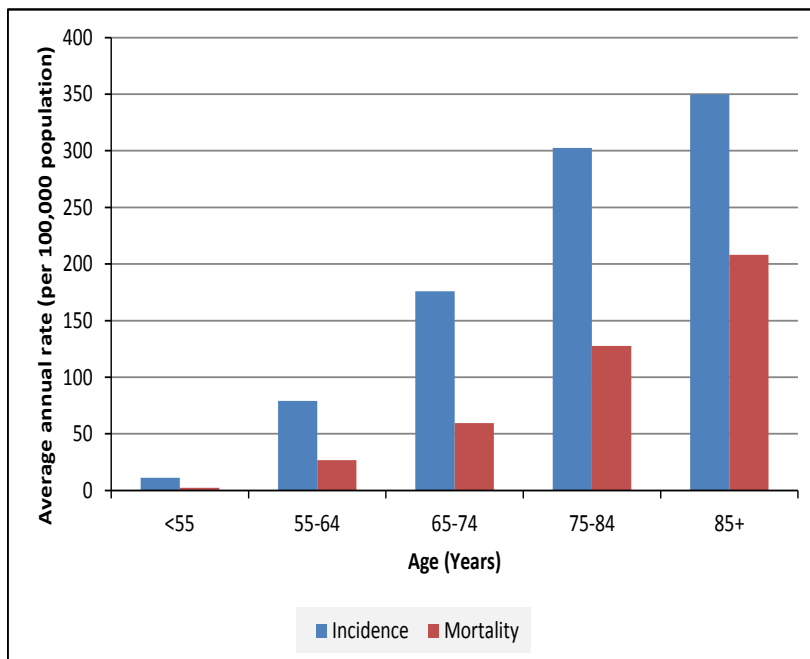


# Colorectal (Colon & Rectum) Cancer in Nebraska

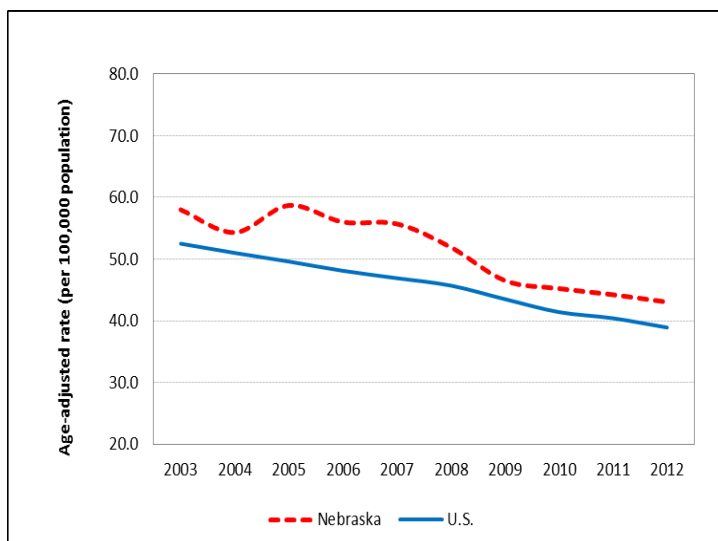
**Figure 1. Colorectal Cancer Incidence and Mortality Rates, by Age, Nebraska (2008-2012)**



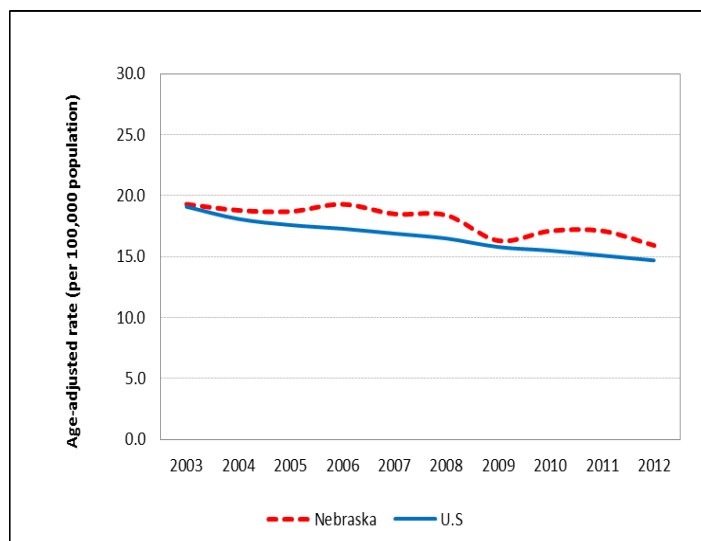
## Nebraska Colorectal Cancer Quick Facts:

- Between 2008 and 2012, 4,667 Nebraska residents were diagnosed with colorectal cancer, while 1,763 Nebraska residents died from it.
- The rate at which colorectal cancer occurs (incidence) and the rate at which people die from it (mortality) increase with age (Figure 1).
- Colorectal cancer incidence and mortality in Nebraska and the United States followed a downward trend in recent years (Figures 2 & 3).
- Colorectal cancer incidence and mortality rates are higher in Nebraska compared to the United States (Figures 2 & 3).

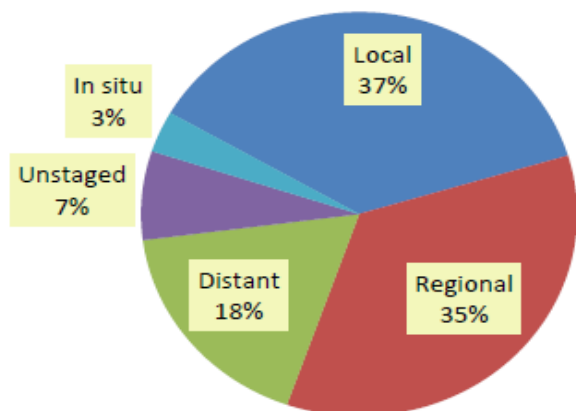
**Figure 2. Colorectal Cancer Incidence Rates, by Year of Diagnosis, Nebraska & U.S. (2003-2012)**



**Figure 3. Colorectal Cancer Mortality Rates, by Year of Death, Nebraska & U.S. (2003-2012)**



**Figure 4. Colorectal Cancer**  
**Percentage of Cases, by Stage of Disease at Diagnosis, Nebraska, 2008-2012**



- Between 2008 and 2012, the majority of colorectal cancer cases in Nebraska were diagnosed at the local (37%) or regional stage (35%) (Figure 4).
- Stage of disease at diagnosis strongly affects the prognosis for colorectal cancer patients. The most recent national data show that the 5-year relative survival rates for colorectal cancer are 90% for early stage (local and in situ) diagnoses, while rates for later stage cases fall to 70% for regional diagnoses and 13% for distant diagnoses.

### Colorectal Cancer Risk Factors and Screening

- Risk factors for colorectal cancer include age, African American race, personal or family history of colorectal cancer or polyps, chronic inflammatory bowel disease, inherited syndromes, physical inactivity, obesity, type 2 diabetes, smoking, heavy alcohol consumption, and a high-fat diet (especially fat from animal sources).
- The most current colorectal cancer screening recommendations advise people 50-75 years of age to have either 1) a high-sensitivity fecal occult blood test (FOBT) every year, or 2) a sigmoidoscopy every 5 years combined with a high-sensitivity FOBT every 3 years, or 3) a colonoscopy every 10 years.
- According to data collected by the Behavioral Risk Factor Surveillance System (BRFSS) in 2013, 62.3% of Nebraska residents 50-75 years of age reported that they been screened for colon cancer as recommended.
- If you are a Nebraska resident between 50 and 75 years of age and meet certain income guidelines, you may be eligible for free or low-cost colorectal cancer screening tests. For more information, visit the Nebraska Colon Cancer Screening Program at <http://StayInTheGameNE.com/> or call (800) 532-2227.

### About the Nebraska Cancer Registry

The Nebraska Cancer Registry (NCR) was created by the Nebraska Unicameral in 1986 and began collecting data in 1987. The purpose of the registry is to document new cases of cancer among Nebraska residents, analyze geographic patterns and long-term trends, and plan and evaluate cancer control programs. The registry also provides statistical and other information about cancer in Nebraska in response to specific requests. The NCR collects information about cancer cases from every hospital in the state (excluding U.S. Dept. of Veteran's Affairs facilities), pathology laboratories, outpatient therapy sites, physician offices, death certificates, and cancer registries in neighboring states. In recognition of the accuracy and completeness of the data it has collected, the North American Association of Central Cancer Registries has awarded the NCR its gold standard certificate of data quality for 18 consecutive years (1995-2012). The NCR is managed by the Nebraska Department of Health and Human Services.

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**To learn more about the Nebraska Cancer Registry, or to view additional fact sheets and reports,**  
 visit: [http://dhhs.ne.gov/publichealth/Pages/ced\\_cancer\\_data.aspx](http://dhhs.ne.gov/publichealth/Pages/ced_cancer_data.aspx).